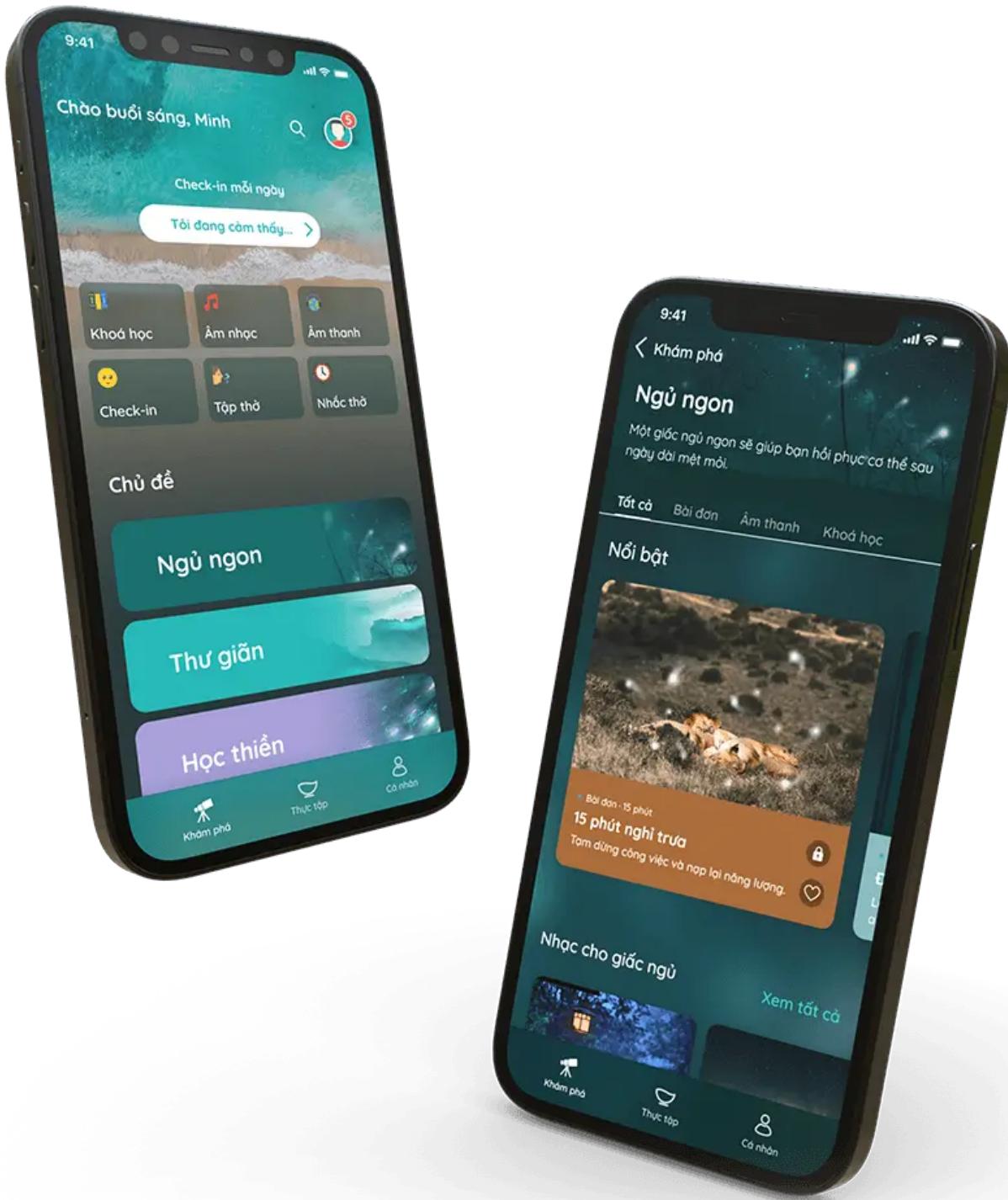


mindentify



Your well-being path

Caring for your mental well-being on a daily basis is a journey, and the initial step is often the most challenging part. Mindentify is here to help you begin your mental

health journey with a trustworthy, cost-effective app that seamlessly integrates into your day-to-day life.

[Download Mindentify](#)

With Mindentify, you can access a wide range of content designed to help you manage stress, improve your mental health, and enhance your overall well-being.

The app features guided meditations, breathing exercises, and ambient sounds to help you relax and de-stress.

It also includes courses on topics like resilience, self-care, and emotional intelligence.

Mindentify is available on both iOS and Android devices, so you can use it wherever you go.

Whether you're looking to reduce anxiety, improve your sleep, or simply find more peace and clarity in your daily life, Mindentify has the tools you need.

Try it out today and see how it can transform your health journey.

With Mindentify, you can take control of your mental health and live a happier, healthier life.

MINDFULNESS CONTENT

Explore all content

Featuring content such as science-based guided meditations, expert-led well-being courses, music therapy, and ambient sounds, Mindentify assists you to concentrate, reduce stress, and enjoy restorative sleep. Consequently, it enhances your work performance and overall life quality.

MEDITATION

Practices in your daily busy life

Begin with activities ranging from basic to advanced levels, providing you a basis to initiate and maintain your practices in your daily busy life.

0:00 / 2:37

WELL-BEING COURSES

Guided by well-being experts

Expert-designed mental well-being courses focus on educating individuals in self-healing, resilience, and the ability to adjust to life's challenges.

0:00 / 11:44

MUSIC AND SOUND

Calming your mind and body

Relaxing music and nature sounds such as those from forests, oceans, or rainfall, contribute to calming your mind and body, ultimately enhancing productivity in the workplace.

0:00 / 4:59

THE POWERFUL TOOL

Simplifies mindfulness practicing and mood tracking

These tools help users focus on the present moment, reduce stress and anxiety, enhance their capacity to cope with life situations.

Features

Mindful Timer

Allow users to set meditation timer and sound options to help maintain focus throughout the meditation sessions.

Mood Check-In

Assist users in enhancing their emotional self-awareness and regulating their mood on a daily basis.

Breathing Exercises

Support users focus on and track their breathing, facilitating quick and effective stress reduction.

Breathing Reminder

Aid users in incorporating breath-focused activities into their daily routine and maintaining the focus on their breath.

DAILY REPORTS

Mood tracking board

Tracking and recording your moods and emotions over a specific period of time can help you recognize psychological patterns, perceive changes, and understand your progress.

**Real-time monitoring of practicing
progress**

Measure and automatically update your practicing progress and detailed focus time through visual charts.

People love us

"Since developing the habit of using Mindentify before sleeping, I feel like I am fully charged for the next day. Deep sleep plays a very important role for an athlete like me."

Tuan Anh

Football Player Viet Nam National Team

"I really love this app because it provides me with effective meditation instructions and high-quality relaxing music. Mindentify helps me focus better and greatly improves my mood through proper relaxation."

An Le

Photographer

"If you are looking for a mental health care app, this is an excellent choice. It really helps me reduce stress and relax after a long day at work."

Hai Tran

QA Engineer

"Mindentify is an app that I accidentally discovered through a conversation. That noon, I closed my eyes, breathed and listened to a

meditation track. In the afternoon, I listened to 'Sit with your anxiety'. Just like that, but that night I slept better than usual."

Nhuoc Lac

Writer

"In these days of social distancing, Mindentify comes to me to clean up my thoughts and feelings to become lighter and fresher."

Minh Ngoc

Software Engineer

"For me, quality of sleep is extremely important. While working and having a young child, I need a lot of energy and a healthy mind to prevent unnecessary stress and exhaustion. I am grateful to have found Mindentify."

Thuy Cao

Writer

"My job often makes me feel stressed and tired. But since being introduced to Mindentify, I have found a way to reduce stress and improve my mood. I am very impressed with the effectiveness of this app."

Trang Nhung

Marketing Manager

"This app is very simple and easy to use. I like how the meditation tracks are divided into different levels. Mindentify helps keep my mind in the best state."

Ngoc Anh

Freelancer

"I have never meditated before and was very curious about it. When using Mindentify, I realized that meditation is not only easy but also very effective. The meditation instructions and music helped me relax and focus better."

Thanh Ha

Sales Manager

BLOG**Featured posts**

MEDITATION

Meditation Music: Explore Soundscapes For Inner Peace

May 10, 2023

MEDITATION | RELAX

Mindful Eating 101: The Key to a Healthier and Happier Life

May 9, 2023

SLEEP

The Power of Deep Sleep: Awaken a Better You

May 9, 2023

RELAX

Happiness Handbook: Tips and Techniques to Live a Joyful Life

May 9, 2023

RELAX

Anger – Understanding, Managing, and Overcoming It

May 9, 2023

MEDITATION

Unlock the Power of Your Breath With Deep Breathing Techniques and Exercises

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